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# Food and Home Notes

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What is semisoft ripened cheese? Semisoft ripened cheeses ripen from the interior as well as from the surface. These cheeses contain higher moisture than the firm ripened varieties, according to the U.S. Department of Agriculture marketing specialists.

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Dress up your meals with a sprig of dark greens, a slice of red tomato--or maybe an apple ring?

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Mature dry legumes, dry peas and members of the bean family including navy, pinto, and soybeans, are outstanding among the vegetables for the protein they contain. And, they also contain B vitamins, iron and other nutrients.

\* \* \*

Buy nonfat dry milk in as large a package as you can store and use without waste. It keeps and it helps to stretch many of your food recipes.

## PLANNING A MINIGARDEN?

Even if you only have a windowsill, a balcony, or even a doorstep, you can still plan a minigarden. A minigarden for vegetables--it's fun for all ages and can be very productive.

You only need a container, some synthetic soil, and some seeds. A plastic or clay pot, a wire basket or a wooden box will do. If you only have a six inch pot, you could have a "minigarden" of chives. If you have a ten inch pot, you can figure on trying a miniature tomato (Tiny Tim) or even radishes or onions.

Quality of the seed you plant should be your number one consideration -- don't use last year's seed.

Tomatoes probably offer the largest edible return for your time and effort if you have a sunny spot, according to Agricultural Research plant scientists at the U.S. Department of Agriculture.

## HOME BUILDING — On Your Own

A class in log cabin building is not a course that you'd expect an immediate and enthusiastic response towards--even in Alaska. However, when the Extension Service, the educational arm of the U.S. Department of Agriculture, announced the course was planned, there was a record response--600 people signed up. The predicted response to the course was approximately 50 people.

A log cabin home is not uncommon in Alaska. However, some felt that many potential home builders, especially the younger ones, have a romantic idealism about log cabins and that this stimulated some of the interest. The 60 students who were finally selected to attend the first four-day series of classes were under 26 and over 50. They had one thing in common--they wanted to build a log cabin.

Extension Housing Engineer Axel R. Carlson taught the course which covered principles important in frame house building as well as log construction. It was pointed out that "logs are not the perfect solution for all people...some learned that log cabins have their limitations as well as their place."

Other subjects covered in the course included: log selection and shrinkage, window and door openings and frames, laying the log walls, insulation values, chinking, vapor barriers, ventilation, temperature gradients of walls, floors and roofs, condensation, maximum loading of round beams, rafters or joists, floor plans, financing and how to deal most effectively with permafrost.

This do-it-yourself course provides answers to some of the questions that the community has on home-building. Due to the unexpected interest, other courses on building may be offered.



# COST OF FOOD AT HOME FOR A WEEK (January)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$24.70	\$31.50	\$38.20
Elderly couple.....	20.10	26.20	31.20
Family of 4 with preschool children.....	35.90	45.60	55.00
Family of 4 with elementary school children.....	41.70	53.20	64.60
Individuals*			
Women			
20-34 years.....	10.40	13.30	15.80
35-54 years.....	10.00	12.80	15.20
55 years and over.....	8.40	11.00	13.00
Men			
20-34 years.....	12.10	15.30	18.90
35-54 years.....	11.20	14.20	17.20
55 years and over.....	9.90	12.80	15.40
Children			
1-2 years.....	6.10	7.70	9.20
3-5 years.....	7.30	9.30	11.10
6-8 years.....	8.90	11.30	14.00
9-11 years.....	10.30	13.30	15.90
Girls 12-19 years.....	11.20	14.30	17.00
Boys 12-19 years.....	13.00	16.80	19.90

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

## ON SCHOOL LUNCHES

## — in Louisiana It's 100%

Australia Island may not be on your map, but it has a historical background dating back to the Civil War. Now it has made mini-history by making the state of Louisiana a 100% participating school in the National School Lunch program. Australia Island, located 10 miles from Tallulah, Louisiana, is reached by driving across the Mississippi River into Mississippi at Vicksburg, proceeding north about 65 miles.

For a long time Australia Island was the only school in the state that did not participate in the National School Lunch program. The one-room school actually kept the state from having a 100% participation in school lunch. But, those days have past.

Not only is lunch served to the youngsters on Australia Island, Louisiana, but for the first time, so is breakfast. Food is frozen at Tallulah School and sent to the one-room school in Australia in containers which they put into their newly acquired refrigerator-freezer until serving time. Prior to this "satellite" process the youngsters didn't even have a lunch break -- classes just continued through the noon hour because there was no way to serve food there. The whole picture has changed now. The youngsters no longer fall asleep in class and they participate in the classroom activities more. They also are learning to enjoy a wider variety of food.

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COMMENTS AND INQUIRIES TO:

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